

ABSTRACT OF THE DISCLOSURE

A light colored standardized extract of *Emblica officinalis* consisting essentially of over 40% by weight of Emblicanin A, Emblicanin B, Pedunculagin and Punigluconin, and not more than about 1% by weight of flavonoids, and methods of producing same. Also disclosed are cosmetic or pharmaceutical compositions comprising the standardized extract and methods of using same to lighten or whiten skin.